



HOMESTYLE RED LENTIL SOUP

A homestyle meal that's packed full of lentils and guaranteed to keep you warm!



EASY



10 MINS



60-90 MINS



6

Ingredients

- 800g crushed tomatoes
- 1 large onion, sliced
- 4 celery sticks, diced
- 375g McKenzie's Red Split Lentils
- 4 carrots, diced
- 500g bacon bones
- 12 cups water
- 2 beef stock cubes
- 1 bay leaf

Instructions

1. Combine all ingredients in a large pot. Cover and simmer for about 60-90 minutes or until thickened, stirring occasionally.
 2. Remove meat from bones and discard bones, stirring meat back into soup. Discard bay leaf
 3. Season to taste. Garnish with parsley if desired.
- For a vegetarian option, omit bacon bones and beef stock cubes and replace with vegetable stock cubes. Add 3 cloves garlic, sauteed prior to adding remaining soup ingredients.
 - A tasty way of getting vegies and lentils into kids, simply puree the soup once cooked and serve with toast soldiers for dipping!